

How to Measure for the Right Fit

A professional appearance begins with clothing that fits properly.

1. **NECK SIZE:** Hold tape snugly around neck and measure.
2. **SLEEVE LENGTH:** Measure from the bottom center back of neck (top of spine) down the arm across the elbow to the wrist bone.
3. **MEN'S CHEST SIZE:** Measure around the fullest part of the chest, under arms.
4. **WOMEN'S CHEST SIZE:** Measure around the shoulder blades, under arms and around the fullest part of the bust.
5. **WAIST SIZE:** Measure around the natural waistline, just above the hipbones.
6. **INSEAM:** Stand with both feet flat on the ground and slightly apart. Measure from the base of the crotch seam and down the inside of the leg to the top of the shoe.

Men's Measurements

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Neck	14½	14½	15½	16½	17½	18½	19½	20½	21½
Chest	39	42	46	50	54	57	60	63	66
Waist	36⅜	40⅜	44⅜	48⅜	52⅜	56⅜	59⅜	63⅜	66⅜
Sleeve Length	33	33	33½	34	34½	35	35	35	35

Women's Measurements

SIZE	XS (4)	S (6-8)	M (10-12)	L (14-16)	XL (18)	2XL (20)
Bust	33½	34½-35½	36½-38	39½-41	43	45
Waist	25½	26½-27½	28½-30	31½-33	35	37
Hips	35½	36½-37½	38½-40	41½-43	45	47

Men's Pants

Order by waist and inseam measurement. Standard sizes: 28"-54" waists; above 33", even sizes only. Inseams 28"-36".

Women's Pants

SIZE	4	6	8	10	12	14	16	18	20	22	24	26	28
Waist	24	25	26	28	28½	30	30½	33½	35½	37½	39½	41½	43½
Hips	34	35	36	37	38½	40	41½	43½	45½	47½	49½	51½	53½

*Measure around the fullest part of the hips—normally 7"-8" below natural waistline. Select size according to hip measurements from chart. Also measure correct inseam.

Industrial Jackets, Liners, Coveralls, Jumpsuits, and Insulated Vests

SIZE	S (36-38)	M (40-42)	L (44-46)	XL (48-50)	2XL (52-54)	3XL (56-58)	4XL (60-62)
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58-60

*Sleeve 33/35"-Reg; 34/37"-Long. (Sleeve length proportional to size.)

UniFirst